

FCCLA &  
IHRTF

2014 Project Guidance Document

## Food For Thought



Idaho Hunger Relief Task  
Force

## ***A Place at the Table* Screening**

### Concept

Screening a film can be an easy and interactive event to introduce your issue to a group of people. Often film screenings are followed by a panel discussion that can shed light on the issue at a local level and help answer audience questions. Consider engaging local experts for this portion of the event. This event could be used as a fundraiser or combined with other activities such as a raffle.

### Film Synopsis

*A Place at the Table* is a documentary that exposes the issue of hunger in America. It shows us how hunger poses serious economic, social and cultural implications for our nation, and that it could be solved once and for all, if the American public decides - as they have in the past - that making healthy food available and affordable is in the best interest of us all.

### Resources

- [\*A Place at the Table\* panel presentation](#)
- [\*A Place at the Table\* Poster](#)
- [\*A Place at the Table\* Flyer](#)
- [Discussion Questions](#) (modify for your use)
- *A Place at the Table* DVD (available to borrow through the Idaho Hunger Relief Task Force)



***A Place at the Table* is a 2012 documentary capturing the reality of hunger in America. 50 million people in the U.S. - one in four children - don't know where their next meal is coming from, despite our having the means to provide nutritious, affordable food for all Americans.**

# Food Literacy in the Classroom

## Concept

In a time when we are more removed than ever from our food and experiencing increased rates of childhood obesity, it is crucial to include youth in our discussions of food literacy. Through education of the food system we will produce citizens who are consciences of the social, economic and political impact they make every day through their choices regarding food.

## Activities

- Conduct cooking classes for youth
- Contacting a local chef to hold a cooking demonstration
- Use ISU's nutrition education curriculum
- Contact a local organic or small farmer to go on a tour
- Start a school or community garden

## Resources

- [Elementary Nutrition Education from ISU Meridian Dietician Interns](#)
- Healthy, affordable recipes - <http://cookingmatters.org/recipes>
- Let's Move Campaign - <http://www.letsmove.gov/eat-healthy>
- [Benefits of school gardens publication](#)
- [Food Facts! From FoodDay.org](#)

School gardens are teach valuable gardening and agriculture concepts and skills that integrate with several subjects, such as math, science, art, health and physical education, and social studies, as well as several educational goals, including personal



## Food Literacy in Your Community

### Concept

Food literacy is rooted in an understanding of the food system. Traditional food systems include growers, harvesters, packagers, transporters, retailers, consumers, and disposers. Which of these entities are present in your community? Why is it valuable to be able to identify these components? Can you walk an item from your meal through all of these steps? Participating in some of the below activities can help start the discussion in your community!



**Involve your city council to provide, sign and read the proclamation. Then organize a community reading session and present the proclamation to someone, some agency, a city council member, etc.**

### Activities

- Designate a month in your community as Food Literacy Month or Hunger Awareness Month
- Organize a book club
- Work with a local nursery to hold events about growing food, tasting events, recipe competitions, food preservation, etc.
- Hold an afterschool outreach meal **(Contact Kathy or Eileen for more information)**
- Determine if your school is eligible for free and reduced breakfasts & lunches for K-12 students **(Contact Kathy or Eileen for more information)**

### Resources

- [Food Systems Map](#)
- [Information on free and reduced school lunches](#)
- [Fast Food Nation, by Eric Schlosser](#) – just one book you could use for a book club
- [Treasure Valley Food Coalition](#) – for ideas of events they've been holding around food literacy (lots of partnerships with the local nursery!!)